

# Program Overview

NBISD is one of 46 school districts and educational agencies to receive a grant to support the development and implementation of innovative and effective programs to reduce the onset of substance use and alcohol in secondary schools.

Programs have been implemented at the Oak Run Sixth Grade Center, Middle School and High School, as well as the Learning Center. The program specialists will use a three-prong approach....

- LifeSkills Training Curriculum  
For all 6-8 graders
- Creating Lasting Family Connections  
For all students
- Reconnecting Youth  
For identified youth in grades  
9-12 and their families

Students can begin participation by contacting the Campus Specialist on his or her campus. Parents can seek additional information by filling out the form on the back of this brochure and submitting it back to the Campus Specialist at their child's campus.

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Project Coordinator  
Robert Jimenez  
627-6303

Project Assistant  
Sally Salas  
627-6302

*YES, I would like  
more information on  
Project Blast.*

Student name:

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School/Grade:

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Parents Name:

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Phone #:

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Please turn this form in to the Campus  
Specialist at your child's campus

Ralph James.....  
Oak Run Sixth Grade  
627-6400

Josh Martinez....  
Middle School  
627-6301

Lenny Leos.....  
High School  
627-6232

*PROJECT BLAST*

*Bonding  
Learning  
Achieving &  
Striving  
Together*



## LifeSkills Training

**LifeSkills Training (LST)** works to enhance the student's self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. **LST** uses distinct curricula that is delivered in a series of classroom sessions.

**LST** helps students develop skills in:

- Drug resistance skills
- Personal self-management skills
- General social skills.

### Program Results\*

The following effects have been observed up to 6 years after the intervention:

- Alcohol, tobacco, and marijuana use is cut 50% to 75%
- Multiple drug use decreased up to 66%
- Pack-a-day smoking reduced by 25%
- Decreased use of inhalants, narcotics, and hallucinogens.

*\*Outcomes relative to controls.*

## Creating Lasting Family Connections

**Creating Lasting Family Connections (CLFC)** is a comprehensive family strengthening, substance abuse, and violence prevention curriculum that helps families become strong, healthy and supportive people.

**CLFC** provides parents and children strong defenses against risk factors by teaching:

- appropriate skills for personal growth,
- family enhancement and interpersonal communication
- refusal skills for both parents and youth.

### Program Results\*

- Delayed onset of substance use for participating youth
- Decreased use of substances among participating youth
- Increased parents' knowledge and appropriate beliefs about substance use
- Increased parental involvement in setting rules about substance use.

*\*Compared to non-participants.*

## Reconnecting Youth

**Reconnecting Youth (RY)** is a school-based prevention program for youth in grades 9-12 who are at risk for school dropout. Such youth may exhibit multiple behavior problems, like substance abuse, aggression, depression, or suicide risk behaviors.

**RY** centers around three central program goals:

- Decreased drug involvement
- Increased school performance
- Decreased emotional distress

Students learn, practice and apply self-esteem enhancement strategies, decision making skills, control strategies and interpersonal communication techniques.

### Program Results\*

- 18% improvement in grades in all classes
- 7.5% increase in credits earned per semester
- 54% decrease in hard drug use
- 48% decrease in anger and aggression problems
- 32% decline in perceived stress
- 23% increase in self-efficacy
- 33% reported ending alcohol use.

*\* Compared to students not participating in program.*